



## GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance

*For all that has been*  
**THANKS**  
*For all that will be* **YES!**  
DAG • HAMMARSKJOLD

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### VALIDATION FOUR: YEAR'S END

During the last week of December I reflect on the past year and record key events and insights in a dedicated journal; a practice I started 35 years ago. This is a validation exercise because every time, it invites me to reconnect with my passion, gifts and talents as I remember who I am and what I am here to do.

I love this practice, because even during tough times, I will always find peace in gratitude for what has been followed by hope for a positive future. Ending the year with intention for a YES! affirms my sense of trust in myself and in the unfolding mystery of life.